



NO HITTING ZONE

Tips for Adults

1. STOP! Spanking your child will not help.
2. Take a deep breath and remember you are the adult.
3. Count to 20, or better yet, 50.
4. Think about why you are feeling so angry.
5. Splash cold water on your face.
6. REMEMBER: Hitting hurts.
7. Ask yourself if your child is really misbehaving – or is the child simply hungry or overdue for a nap?
8. If the child is misbehaving, try a timeout, one minute for each year of the child's age.
9. Be clear and fair about rules. Make sure your child knows what you want him/her to do.
10. REMEMBER: Babies are too young to be punished for any reason.